

Care of Milk and Its Use

By Frances Carroll

ODAY'S talk on the care of milk and its use in the home deals with the food value of milk, and is a continuation of the article begun in yesterday's Times. Caroline L. Hunt, expert in nutrition, office of experiment stations, Department of Agriculture, is the writer. She says, in part:

"The tendency to think of milk as a beverage rather than as an important source of food comes partly, no doubt, from the fact that it is a liquid rather than a solid, and that most liquid foods, such as clear soup, coffee, and tea, contain very little that feeds the body. It is natural, therefore, to associate milk with these rather than with the really nourishing food materials. In order to overcome this tendency it is well to study the solid products of milk as they are obtained by various processes familiar in the dairy and in the kitchen as well as in the laboratory. Before doing this it may be helpful to get an idea of the classes into which the solids contained in milk are divided. These are: (1) Proteins, (2) fats, (3) sugar, and (4) mineral matter. The fat and sugar serve as fuel, and the mineral matter is chiefly valuable for the making of bones and teeth and other physiological purposes. The proteins serve as fuel like the fats and sugar, but they are used also to make and to repair the muscular tissues of the body. This double usefulness indicates why proteins are so often referred to as the most important part of milk."

"Fat constitutes about 4 per cent of the weight of milk. All are familiar with the common process of butter making by which the greater part of the fat is separated from the other ingredients. The liquid which remains and which is called buttermilk, contains the rest of the nutrients of the milk, except the small portions which cling to the fat. On examining buttermilk, after it has become a little sour, it may be seen that it contains a white solid which, in the process of churning, has been divided into very small particles. This solid is casein, the chief protein of the milk. It constitutes 3.3 per cent, or about one-thirtieth, of the weight of the milk."

"The familiar process of the souring of milk also helps to show the composition of its composition. When this takes place, the casein and most of the fat separate from the whey, and form what is known as the curd. When, however, the attempt is made to separate the curd completely for the purpose of making cottage cheese, much of the fat is usually carried off with the whey. This is particularly true if the curd is strained while warm. It may, therefore, be in place here to suggest that after sour milk has been strained for the purpose of making cottage cheese, it is better to use it thoroughly before straining. Through very common processes, those of butter and cheese making, one may become familiar with the solid known as casein, and with the fat of milk. But the clear whey, which may be separated from the curd, also has important solids in it, and with these one seldom has a chance to become acquainted. The following

simple experiment may be carried out with the ordinary dishes in use in the kitchen:

"Separate a portion of whey from the curd of sour milk, and, if necessary, make it perfectly clear, strain through a piece of fine cloth without pressing or heating. Examine to see that there are no solid particles in it. Divide into two parts. Heat one part to the boiling point, and when cool pour into a glass, examine, and compare with the unheated portion. The part that has been heated will be seen to be full of small particles of a white solid which sink to the bottom of the liquid. This is albumen, a substance always present in cow's milk, though in very much smaller amount than the casein. It resembles albumen of the white of an egg. It differs from the casein in not curdling when the milk sours and in remaining in solution in the whey. Furthermore, it does not form curd in the stomach. This experiment is particularly important to those who wish to understand milk in its relation to the feeding of babies. The protein which, by the process of heating, is shown to be present in the whey is the chief protein of human milk, while in cow's milk, as has been said, it is found in very much smaller amount than the curdling protein. Cow's milk, therefore, can never be a perfect equivalent for human milk in infant feeding, even if diluted and modified, though it may be the best available substitute for it. It is easy to understand that baby may be able to digest a protein which remains dissolved in the whey more easily than one which curds soon after reaching the stomach."

"To continue the experiment with milk, strain the whey which has been heated and again set a clear liquid. Pour this into a double boiler over water and heat until it is dry. There will be left a solid sugary mass. Place some of this in an old spoon or on a piece of tin or sheet iron and burn. Notice the characteristic odor of charred sugar. Mix contains 5 per cent of sugar. This sugar is not exactly like the sugar used on tables, and it is much less sweet and physiologists and chemists find that it acts differently from ordinary sugar during the process of digestion. For this reason the sugar used in curd completely for the purpose of making cottage cheese, much of the fat is usually carried off with the whey."

"If it is possible to get the spoon in which the sugar is heated completely, it will be discovered that there remains behind a small portion of white powder, which the most intense heat does not consume. This is the mineral matter of the milk. It constitutes about seven-tenths of 1 per cent of its weight, and it is more abundant in comparison with other nutrients than in any other common food. It is easy of course to see why this material which builds the bone should be in the food primarily designed for the use of young animals."

"Thus by simple and interesting processes, fat, casein, albumen, sugar, and minerals may be separated and milk may be shown to be a mixture of many valuable solids either suspended or dissolved in water. Such experimenting shows, too, why it is that no other liquid is regarded as a true substitute for milk in the feeding of young children."

(TO BE CONTINUED.)

DAILY FASHION TALK TO READERS OF THE TIMES



"WHAT shall my young daughter wear to school?"

Because this is the question that is engrossing the attention of mothers, just now, even before they begin to plan their own fall suits, I am giving you today a child's frock that is both smart and practical.

This one is trimmed with silk, and piped with velvet. The skirt is straight and plaited, and the blouse is exceedingly simple, consequently making it an easy matter, while the little dress is exceedingly attractive.

Plaid materials are always serviceable for school wear, and are to be much worn this season, but shepherd's check could be substituted for plain material could be used with trimming of plaid, or check, or of silk or velvet.

These patterns may be obtained at Goldenberg's.

Cost of This School Frock in Two Materials

GINGHAM.	
Six yards of plaid gingham, 15c a yard.....	\$0.90
Three-quarters of a yard of plain color, for trimming, 15c a yard.....	.12
One dozen buttons.....	.10
Total.....	1.12

PONGEE SILK.	
Six yards of pongee silk, 25c a yard.....	\$1.50
Three-quarters of a yard of Persian silk, for trimming, 95c a yard.....	.45
Total.....	1.95

Chats With the Puzzlers

"WELL, Miss Carroll, if there really could be a better, and a little more difficult, puzzle than Miss Everett's located rent list of last week, it consists of the musical instruments which Mr. Quisenberry has located for us this week."

Such is the verdict of all the puzzlers, and these are not a few, who have communicated with me today. Several scores of enterprising ones, who were determined to be first even if they are not perfect, sent in their solutions by this morning's mail, and a later arrival of the postman has shown that, for all it may be difficult, the puzzle of located musical instruments has caught the fancy of the puzzlers.

While Miss Everett's puzzle of located houses for rent is still fresh in our minds, I want to tell you that one of the most charming and original solutions I have ever seen reached my desk late Friday afternoon from Clarke P. Barney, of the Public Library.

The frontpiece of the rent bulletin made up by this clever puzzler is a picture of a big office building bearing the sign, "Office of Carroll and Co., Puzzledom."

Every house is represented by a picture which conveys perfectly the impression given by the name. Thus, Bleak House, under which is printed, "Charles Dickens, architect," stands lonely and forbidding with no sign of human, plant, or animal life in view.

A vine-clad church represents "The House of Fulfillment," under which is printed, "The Lord is My Shepherd, I shall not want."

Every other house is shown in a picture equally as clever, and the very unique bulletin is made of pictures of houses cut from magazines. A list of musical instruments suggests some delightful possibilities in the way of original and striking solutions. So sharpen your wits, puzzlers, and see who will lead in this week's merry contest!

Prizes Offered Puzzle Solvers.

Weekly prizes of five, three, and two dollars respectively, are given to the contestants for the puzzle printed on the Woman's Page of the Sunday evening edition of The Times each week for the three solutions adjudged worthy.

The contest, which closes at 3 p. m. on Friday of each week, is open to all who care to solve the puzzles.

The awards are based, primarily, on correctness, timeliness, and neatness. Originality in presentation also receives consideration in awarding the prizes.

LACE FLOWER PINS ARE LATE FASHION

The latest in dainty and charming pins for wear on collars and cuffs is a lace flower crocheted around an ordinary small safety pin. The flower is usually in violet form, though in white, and stands out stiffly from the pin.

When crocheted to a violet pin, it may be used to fasten labors of flowers, and it is just as pretty, though not quite so new, as applied to the hatpin. A set of these lovely white lace pins—three for collar, two for cuffs—two hat pins and two stickpins would be the prettiest present a bride or a traveler to Europe could receive.

The bar of the safety pin is crocheted over and over to hide the steel. In black, with black pins, they solve the question of what to use in mourning.

Philipsborn

THE OUTER GARMENT SHOP

608 to 614 ELEVENTH STREET

Open Evenings Until 6 o'Clock

Rummage Sale.
Final Wind-up of
Summer Stock.

Don't forget—among the several thousand garments represented are many that can be worn throughout fall and winter. Those not suitable for winter wear are so low in price that it will prove a fine investment to pack them away until next summer.

Tailored Suits.

French Linen, sold up to \$25.....\$1.95, \$4.50 and \$7.50
Rajah Silk, sold up to \$45.....\$12.50
Cloth Suits, sold up to \$60.....\$7.50, \$12.50 and \$14.75
White Serge Suits, sold up to \$35.....\$17.50

Street Dresses and Gowns.

Lingerie Batiste, sold up to \$40.....\$5.00, \$10.00 and \$15.00
French Linen, sold up to \$30.....\$3.00, \$5.00 and \$12.50
Pongee Silk, sold up to \$35.....\$10.00, \$12.50 and \$15.00
Messaline and Satins, sold up to \$40.....\$7.50, \$10.00 and \$15.00
Voiles (some silk lined), sold up to \$45.....\$12.50 and \$15.00
Swiss and Dimities, sold up to \$15.....\$3.00 and \$5.00
Tailored Cloth, sold up to \$35.....\$5.00, \$7.50 and \$10.00

Coat Department.

Pongee Long Coats, sold up to \$25.....\$7.50 and \$10.00
Black Taffeta Long Coats, sold up to \$22.50.....\$10.00
Broadcloth Capes, sold up to \$18.....\$5.00 and \$8.75
Black Rajah Long Coats, sold up to \$25.....\$10.00
Serge Long Coats, sold up to \$25.....\$7.50 and \$10.00

Waist Department.

Mussed Lingerie, sold up to \$2.50.....89c
Tailored Styles, sold up to \$1.25.....75c
Lace-trimmed Batiste, sold up to \$3.00.....\$1.29
Fine Net, Lingerie, etc., sold up to \$10.....\$3.95
Silk Petticoats, sold up to \$8.....\$2.95

Any Pure Linen or Imported Rep Tub Skirt sold up to \$8.00, now \$2.50.

200 Smart Fall Suits,
Black and Navy Serge, at \$18.00.
Exclusive Mannish Fabrics at \$19.75.
Season Price Will Be \$28.00.

Daily Horoscope

"The stars incline, but do not compel."

Tuesday, September 5, 1916.

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There lies thy happiness today.

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LOOK THROUGH YOUR HOME and see what furnishings need replacing. Then go to Grogan's and select the new furniture. Open an account with them and get acquainted with the most accommodating firm in Washington.

25c. Try Our Famous Stews! 25c. Phila. Oyster & Chop House, 513 11th nw.

Try Murine Eye Remedy For Red, Weak, Watery Eyes.

Wanted—Everyone to Know We Darn Socks free. Star Laundry Co., 1315-1317 14th St. N. W.

Carpenter Work of All Kinds. C. D. Collins, 719 18th st. nw. Phone 1543.

THANKS TO OWNERS
FOR THE AUTO RIDE

More Aged Women Write to
The Times in Gratitude.

Not one of them could we afford to miss, these letters telling us of the afterglow of happiness left by the automobile outing given on August 25 for the aged women of the old women's homes of the city. Not one of them could we afford to miss, yet we have received so many of them that to reply to each letter would be impossible.

So, for every letter of appreciation written The Times says, "Thank you," and for the pleasure of those who made the outing possible, we print as many of the letters as is possible.

Louise A. Dryson, in charge of Epiphany Home, writes:

"The aged women of Epiphany Home had a most charming time 'Automobile Day,' and are still talking of the delights of their joy ride. Since they have learned to those thoughtfulness and loving kindness they owe such a happy time, they are writing this letter to send their most grateful thanks and a genuine 'God bless you.'"

Mrs. S. E. Weibush, of 502 L street southwest, who was among the guests of the afternoon, writes:

"It was one of those who went out on the beautiful automobile ride. It was a grand pleasure to me and my little grand-daughter, as I have been at home all summer. I have not even been for a car ride, so you must know that if there was one that did enjoy it, it was myself. I tell you, dear Times, I can't express my thanks. Thank you very much, and may God bless you."

TO REMOVE INK STAINS.

Incans on garments can be soaked out in a mixture of salt and milk. A teaspoonful of salt to nearly a gill of milk is the right proportion. This answers for either white or colored fabrics, but if the ink has been allowed to dry it will be necessary to soak the stained part in the milk for an hour or two.

LOCAL MENTION.

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Lansburgh & Bro.

Dry Goods and

Ready-to-Wear Articles

420 to 426 7th Street

Through to Eighth

BEDTIME STORIES
Sammie and Susie Littletail

By HOWARD R. GARIS

Copyright, 1916, by H. R. Fennell & Co.

SAMMIE COLORED SKY-BLUE-PINK.

SUSIE LITTELTAIL was out on a nice grassy place in front of the underground house, jumping her grapevine rope, and having a very good time. Indeed, she had gotten all over the fright caused by the bad hawk trying to grab her, and felt quite happy. Sammie Littletail had been searching for the hawk, to have him arrested, but he could not find the big bird, so he had come back to watch Susie jump. You see it was Easter week, and they had no school. The old owl teacher was very glad of it, too, for he had more time to sleep and doze in the sun. Just as Susie finished doing "three slow, pepper," Nurse Jane Fuzzy-Wuzzie came to the door of the burrow and called:

"Sammie, your mamma wants you."

"What does she want?" asked Sammie. "She wants you to go to the drug store and get some stuff to color the Easter eggs with. Hurry, please, because she has lots to do."

"Why, we help color them?" asked Susie, having up her grapevine rope on a low bush.

"Think so," answered the muskrat nurse. "Now, hurry, Sammie, your mamma wants you to get an understanding of the Easter egg."

"All right," answered the little boy rabbit. "I'll guess I can help color the eggs, too," and he hurried off to the drug store, that was near Dr. Possum's house.

Now pretty soon—in fact, almost immediately—something is going to happen to Sammie Littletail. He is not wiggle so that you'll break the couch, or I can't go on. That's better. Well, then, Sammie went through the hole in the wall, and he felt so happy that he sang this little song, which he had heard the kindergarten children singing at the owl school a few days before. This is the song, but of course I can't sing it very well. Please don't laugh. I'll do the best I can, although, perhaps, I shan't get the words just right:

"Soldier boy, soldier boy, where are you going?
Waving so proudly your red, white and blue?
I'm going to the war to fight for my country.
And if you'll be a soldier boy, you may come too."

That's the way Sammie sang it, any how, and just as he finished he got to the drugstore.

"Who was that singing?" asked Dr. Possum, who happened to be in the store just then.

"Oh, indeed? I didn't know you sang," went on Dr. Possum. "That is very good indeed. I could not do better myself. Will you kindly sing it again?" So Sammie sang it again, and then he got the colors for his mamma to put on the Easter eggs.

"Now children," said Mamma Littletail, when Sammie reached home. "Get the eggs that Mrs. Chuck-Cluck gave you the other day, and we will color them."

"Oh, won't we have fun!" cried Susie. "Indeed we will!" said Sammie.

So they first boiled the eggs good and hard, so that if they happened to drop one, it wouldn't get all over the floor, and you know how unpleasant it is, to save the least, when an egg drops, and gets all over the floor. Isn't it really? Well, they boiled the eggs, and then Mamma Littletail had the dye ready.

"Well, you should have seen all the colors she had! There was red and blue and yellow and green and purple and pink and old rose and crushed strawberry and anbes of roses and magenta and Alice blue and Johnnie red

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